



40 Maple Street
P.O. Box 187
Ellington, CT 06029

Hours:

Mondays:
8:30am-6:00pm

Tuesdays:
8:30am-4:00pm

Wednesdays:
8:30am-4:00pm

Thursdays:
8:30am-4:00pm

Fridays:
8:30am-1:30pm

Main Line:
860-870-3133

Transportation Line:
860-870-3137

Meet Our Staff:

Director:
Erin R. Graziani

Assistant Director:
Samantha "Sam" Baer

Administrative Secretary:
Alisha Goss

Bookkeeper:
Sue Maheux

Drivers:
Ken McCarthy
Jeanne Magurany
Mark Balkan

Transportation Secretary:
Jasbir Jutla

Newsletter Volunteers:

Anna Hyde
Judy Varney
Janet Wieliczka

Maple Street Monthly

Ellington Senior Center Newsletter

Visit us online: <http://seniorcenter.ellington-ct.gov>

January/February
2020

Greetings,

We had a wonderful beginning of the winter season with celebrations from the Ellington Singers and our Annual Holiday Craft & Vendor Fair. Thank you to Mary Regan and Maureen Webber for organizing the Ellington Singers and the performances. The Singers performance for Winterfest at the library was a wonderful time. I would also like to thank Sue Phillips and her volunteers for making this happen every year.

I appreciate staff, Sam and Alisha, with organizing the Craft & Vendor Fair and I am thankful to all the volunteers we have that put in endless time here to make our Senior Center successful.

During the month of January Public Works will be painting the interior of the Senior Center. We will do our best to accommodate programs around the painting. In the event we need to cancel programs, we will notify participants via our text and email alerts, as well as on our Facebook page. If you have not yet subscribed to receive alerts, or need help, please see Alisha.

You will also notice that during the winter months, several of our fitness classes are offering walk-in classes at the session discount rate, and sessions will not be available. For classes that only do sessions, and do not allow walk-in's, these classes will resume in February. Please refer to the Health, Wellness & Fitness page for specifics on each program.

Wishing everyone a health and happy New Year 2020!

Sincerely,
Erin R. Graziani,
Senior Center Director



Like us on
Facebook!

Maple Street Café Update

The café will remain closed this January. A re-open date in February will be announced soon!

Thanks for your support!

Winter Weather Policy Reminder:

If the Ellington Public Schools are closed or delayed due to weather, so is the Senior Center.

All programs that begin before the delayed opening time are cancelled.

OUR MISSION:

The Ellington Senior Center is a place that provides an environment for an individual age 55 years plus to enhance a healthy lifestyle that maintains independence, dignity, self respect and productivity through participation in recreational, social, educational, informational, and healthy activities and programs.

SPECIAL EVENTS



Tuesday 1/7
10am-12pm
Snow Date 1/9

Acrylics On Canvas



Tuesday 1/21
10am-12pm
NO Snow Date



Tuesday 2/4
10am-12pm
Snow Date 2/6

Tuesday 2/18
10am-12pm
Snow Date 2/20



A Painting Workshop
Instructed by: *Sandy Poirier*

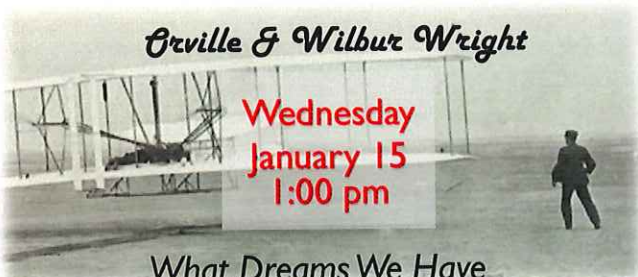
\$10 per project

Please see Alisha to pay in advance.
Cost Includes instruction and all supplies.

History For Fun

With Joe Ouellette

Orville & Wilbur Wright



Wednesday
January 15
1:00 pm

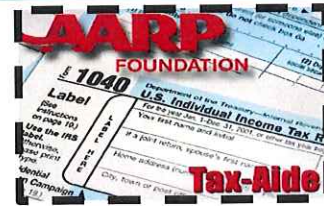
What Dreams We Have

The Life & Times of Levi Strauss



Wednesday
February 19
1:00 pm

Please sign up for each of these programs in advance
in the Info Center so we can plan proper seating.



Appointment Scheduling Begins
January 2: Ellington residents
January 23: Non-residents

Trained volunteers offer free in-person
preparation and assistance. Stop in or call
Alisha to schedule an appointment:
860-870-3133

Appointments will be made on Thursdays,
February 6-April 9 between 9am-1pm.

TED TALKS

IDEAS WORTH SPREADING

Join us for a brief video, followed by discussion.
All talks begin at 1:00 pm on the date listed.
Sign up in advance—walk-in's welcome!

<u>Date:</u>	<u>Topic:</u>	<u>Video Presenter:</u>
Tuesday, January 7	Your brain on video games	Daphne Bavelier
Tuesday, January 14	Life is easy. Why do we make it so hard?	Jon Jandai
Tuesday, January 21	Why we laugh	Sophie Scott
Tuesday, January 28	Is there scientific proof we can heal ourselves	Lissa Rankin, MD
Tuesday, February 4	Lessons from death row inmates	David R. Dow
Tuesday, February 11	Learning from dirty jobs	Mike Rowe
Tuesday, February 25	Is hypnosis fake?	Albert Nerenberg

HEALTH, WELLNESS & FITNESS

The rates for our fee-based classes are listed below. If you need more information about any of the classes, please speak with one of the front desk volunteers or a staff member. See the calendar page for schedules.



Instructor: Kristina Tedford
Mondays 9:00 am-9:45 am
January—March
“winter walk-in’s”
Residents \$5; Non-residents \$6
Sessions will resume in April.

Fitness Classes with Linda Stein

Bring a water bottle.

Chair Exercise

Tuesdays & Thursdays
10:00 am-10:45 am
Residents \$4 Non-Residents \$5



Simple Circuit

Tuesdays & Thursdays
11:00 am-11:45 am
Residents \$5 Non-Residents \$6. Bring a mat



CrossSculpting - It's Back!!

Tuesdays & Thursdays
5:30 pm-6:30 pm
Residents \$5 Non-Residents \$6. Bring a mat

January & February all classes “Winter Walk-in’s”.
Discounted price is reflected above.

Advanced Line Dancing

Instructor: Nicole Gagne
Mondays 11:00 am—12:30 pm
(No walk-ins, max. 20):



Sign up BEFORE January 21. Next Session Dates:
2/3, 2/10, 2/24, 3/2, 3/9, 3/16, 3/23, 3/30
Residents: \$40
Non-Residents: \$48

Winter Weather Policy Reminder:
If the Ellington Public Schools are closed or delayed due to weather, so is the Senior Center. All programs that begin before the delayed opening time are cancelled.

Tai Chi for Arthritis & Fall Prevention



Instructor: Sam Baer
Residents: Free
Non-Residents: \$3
Mondays at 2:00 pm

Join Sam for a slow, gentle class, suitable for all, especially those with arthritis and issues with balance. Participate standing or in a chair. This Sun style class is evidence based and recommended by the CDC to be effective at preventing falls.

GENTLE YOGA



Fridays 9:00 am—10:00 am
Residents: Free
Non-Residents: \$3
Bring your own mat.
All levels welcome. Walk-in
Instructor: Sam Baer, RYT200

CHAIR YOGA



Fridays 10:30 am -11:15 am
Residents: Free
Non-Residents: \$3
All levels welcome. Walk-in.
Instructor: Sam Baer, RYT200

Podiatry Clinic

Wednesdays, January 8 & February 5
9:00 am-3:00 pm
Fee Applies.
For more info or to schedule an appointment call
Kathy Brennan at Pedicare: 860-202-3021.

Ask the Nurse



Tuesdays: January 14 & February 11
12:30 pm-2:00 pm
Do you have a question about a condition or illness?
Need info on a health topic? Need your blood pressure or blood sugar checked? Walk-in. Free

TRANSPORTATION, MEMBERSHIP & REGISTRATION

EMATS: Ellington Medical Appointments Transportation Services Transportation for Non-Emergency Medical Appointments

TRANSPORTATION HOURS, SCHEDULING & FEES

Transportation Services are offered five days a week for social activities and medical appointments.

**Please call the Transportation
Line at 860-870-3137**

to request a "Transportation Packet" that provides you with the program's rules and regulations, or to make an appointment.

Normal hours for medical transportation are offered:

Monday – Thursday:

9:00 am-2:30 pm,

Fridays: 9:00 am-10:30 am.

The Annual Suggested Donation for Transportation is \$30.00.

A \$3.00 donation fee per round trip is suggested and appreciated.

*Got errands & need a ride?
We can help!*

SHOPPING

**Big Y &
Stop and Shop,
Every Friday**



We'll bring your groceries in.

My To-Do List

Date ☒ Item

☐ Senior Center

☐ Town Hall

☐ Library

☐ Doctor's Appointment

☐ Physical Therapy

☐ Grocery Store

☐ Bank

☐ Post Office

HISTORY

Transportation services began in 2001 for social programs.

In 2003, transportation services expanded to provide rides to residents for medical appointments under our EMATS (Ellington Medical Appointment Transportation Services)

program. EMATS is partially funded by a grant received by North Central Area Agency on Aging (NCAAA).

Funded in part, by the "Older American's Act."



If the Ellington Public Schools are closed (due to hazardous weather conditions) the Senior Center is also closed. No transportation will be provided.

Membership

The Ellington Senior Center is open to those age 55 and older. All program participants must have a current **Annual Registration** on file. Currently, there is no membership fee to join; however, certain programs may require payment and/or pre-registration.

We ask that you sign in using your "My Senior Center" card for each program you attend.

REGISTRATION & PAYMENTS

Several of the programs offered are free and members are welcome to attend on a walk-in basis. Some programs require pre-registration and will be stated as such in the description.

Sign-up sheets for these programs will be located in the **Information Center**. Please ask the receptionist if you need help. Program registrations are accepted on a first come, first served basis, with preference given to Ellington residents. Please see the Administrative Secretary for programs requiring payment. Partial payments are not accepted unless otherwise specified.

IMPORTANT:

All payments for programs are non-refundable, and make-up classes are not permitted unless the Senior Center cancels.

**Acceptable Forms of Payment for all Programs, Classes and Trips:
Cash or check, made payable to: SCAF (Senior Citizen's Activity Fund)**

2020 TRIPS ARE HERE! Flyers with full information are coming soon!

DATE	DAY TRIPS	COST
Saturday, April 18, 2020	MGM Springfield Casino & Show ("9 to 5") at the Majestic Theater.	\$60
Wednesday, May 20, 2020	Hartford Yard Goats Baseball Game. Includes transportation, Tour Director, game ticket, Exclusive seats in the Party Porch Buffet Lunch.	\$88
Thursday, June 25, 2020	Thimble Islands Cruise & Chowder Restaurant, Branford, CT	\$103
Sunday, July 19, 2020	Hudson River Cruise & Sunday Brunch at Shadows on the Hudson, Poughkeepsie, NY	\$112
Tuesday, September 29, 2020	Oktoberfest at Gavin's Resort in the Catskills	\$103
Friday, October 16, 2020	Turkey Train Winnepesaukee Railroad, NH	\$113
OVERNIGHT TRIPS & CRUISES ***Call Friendship Tours to book this trip: 1-800-243-1630		
September 1, 2020 - September 17, 2020 *** CRUISE	Escorted Trans-Atlantic Cruise on Royal Caribbean's Brilliance of the Seas. Sail Amsterdam to Boston. Norway, Iceland, Greenland. 17 days/15 nights.	Starts at \$2999
September 14, 2020- September 16, 2020	Conway, NH, Overnight includes: Transportation and lodging, Castle in the Clouds, Mt. Washington Cog Railroad, Lake Winnepesaukee Turkey Train.	Starts at \$519
November 5, 2020 - November 15, 2020 ***CRUISE	Escorted 7 night Hawaiian Islands Cruise on NCL's Pride of America. Includes roundtrip transportation, accommodations, and sightseeing. Honolulu, Oahu; Kahului, Maui; Hilo, HI; Kona, HI; Nawiliwili, Kauai, USS Arizona Memorial & USS Battleship Missouri, and more!	Starts at \$4999
November 10, 2020- November 12, 2020	Lancaster, PA Overnight includes: Transportation and lodging, "Queen Esther" at Sight & Sound Theatre, Amish Countryside Tour, Miller's Smorgasbord, and "A Playhouse Christmas".	Starts at \$555

DAY TRIPS: Payment is due in full upon signup.

OVERNIGHT: Deposit is due upon sign-up. Each trip flyer indicates when full payment must be made.

Flyers will be posted in the Information Center and on our website as they become available.

Sign up is available as soon as the trips are posted. Early sign up is recommended.

For more information, or to sign up for a trip, see our Administrative Secretary, Alisha.

All trips are subject to change and are non-refundable unless the Senior Center cancels.

Acceptable forms of payment for all trips: Cash or check made payable to:

SCAF (Senior Citizen's Activity Fund); Credit cards may be accepted for cruises.

Copies of the Handbook & Operating Procedures for Senior Center Programs, forms, and detailed/updated information on all programs, special events, trips, and volunteer opportunities can all be found in the Information Center and online at: <http://seniorcenter.ellington-ct.gov>